

All page numbers are referring to the Big Book unless otherwise noted.}

WE, OF Alcoholics Anonymous, are more than one hundred men and women who have recovered from a seemingly hopeless state of mind and body. To show other alcoholics ***precisely how we have recovered*** is the main purpose of this book.

(Pg.xiii)

The feeling of having shared in a common peril is one element in the powerful cement, which binds us. But that in itself would never have held us together as we are now joined.{fellowship}

The tremendous fact for every one of us is that we have a way out on which we can absolutely agree, and upon which we can join in brotherly and harmonious action. This is the great news this book carries to those who suffer from alcoholism.{program}

(Pg.17)

Willingness, honesty and open mindedness are the essentials of recovery. But these are indispensable.

(Pg.570)

A 'set-aside' Prayer

God please set aside everything I think I know about Myself, the 12 steps, this book, the meetings, My disease, and you God, so I may have an open mind and a new experience with all of these things, please let me see the truth.

{The following are some references to this Prayer from the Big Book}

It meant I would have to throw several lifelong conceptions out the window.
(pg.42)

We found that as soon as we were able to lay aside prejudice and express even a willingness to believe in a power greater than ourselves. We commenced to get results, even though it was impossible for any of us to fully define or comprehend that power, which is God. (pg.46)

Do not let any prejudice you may have against Spiritual terms deter you from honestly asking yourself what they mean to you. (pg.47)

Besides a seeming inability to accept much on faith, we often found ourselves handicapped by obstinacy, sensitiveness, and unreasoning prejudice. It finally beat us into a state of reasonableness. Sometimes this was a tedious process; we

hope no one else will be prejudiced for as long as some of us were. (pg.48)
We, who have traveled this dubious path, beg you to lay aside prejudice, even against organized religion. (pg.49)
Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely. (pg.58)

{Turn all statements in the book into questions}

For example:

(statement) The almost certain consequences that follow taking even a glass of beer do not crowd into the mind to deter us. (pg.24)

(question) Does this happen to me?

STEP ONE: *We admitted we were powerless over alcohol-that our lives had become unmanageable*

The physical craving - The body after the first drink

Read: The Doctors opinion, Bills story (pages 1-8)

We believe, and so suggested a few years ago, that the action of alcohol on these chronic alcoholics is a manifestation of an allergy; that the phenomenon of craving is limited to this class and never occurs in the average temperate drinker. These allergic types can never safely use alcohol in any form at all; and once having formed the habit and found they cannot break it, once having lost their self-confidence, their reliance upon things human, their problems pile up on them and become astonishingly difficult to solve.

If when drinking, do you have little control over the amount you take?

With the addict the bodily craving will sometimes come first when the drug is not in the body

Unmanageable - Second part of the first step: The Spirit, Spiritual Malady, and Untreated Alcoholism, The mind

Read: There is a solution (from page 21-24), More about alcoholism, We agnostics (pg.52)

Mental obsession - This is the mind before the first drink. (Pg. 23-43)

We know that while the alcoholic keeps away from drink, as he may do for months or years, he reacts much like other men. We are equally positive that once he takes any alcohol whatever into his system, something happens, both in

the bodily and mental sense, which makes it virtually impossible for him to stop. The experience of any alcoholic will abundantly confirm this.

These observations would be academic and pointless if our friend never took the first drink, thereby setting the terrible cycle in motion. Therefore, the main problem of the alcoholic centers in his mind, rather than in his body {pg.22-23}

Are you unable at certain times, to remember the suffering and humiliation of the last time you drank?

No words can tell of the loneliness and despair I found in that bitter morass of self-pity. Quicksand stretched around me in all directions. I had met my match. I had been overwhelmed. Alcohol was my master. (Bills Story Pg.-8)
We learned that we had to fully concede to our innermost selves that we were alcoholics. This is the first step in recovery. The delusion that we are like other people, or presently may be, has to be smashed. (Pg.-30)

Are you unable to drink moderately?

Have other methods of stopping failed?

Can you stop for loved ones or the warning from a doctor?

Do you believe that your body is as abnormal as your mind?

Are you restless, irritable, and discontented?

Do you become remorseful after a spree?

Do you believe you have lost the power to choose whether you will drink or not?

Do you think you can stop on a non-spiritual basis?

Craving: To have an intense desire for. To require; need.

**Allergy: An adverse reaction. Hypersensitive reaction to factors or substances, in amounts that,
do not affect most people.**

Obsession: The persistent and inescapable influence of an idea or emotion.

Powerless: Unable to produce effect. Denotes merely a lack of power.

STEP TWO: *Came to believe that a Power greater than ourselves could restore us to sanity*

The need for Power - Lack of Power (second part of first step and the second step)

Read: We agnostics (entire chapter)

After reading ask Yourself again "Do I now believe, or am I willing to believe, that there is a power greater than myself?" (pg.47)

If we still can not believe, go back to (pg. 52) look at Our own life (first step)
"What if God is nothing."

bedevilments (pg.52)Spiritual Malady

We were having trouble with personal relationships, we couldn't control our emotional natures, we were a prey to misery and depression, we couldn't make a living, we had a feeling of uselessness, we were full of fear, we were unhappy, we couldn't seem to be of real help to other people.

Then read again and ask ourself, "What if God is everything." (Pg.53)

Lack of Power, that was our dilemma. We had to find a power by which we could live, and it had to be

a Power greater than ourselves. Obviously. But where and how were we to find this Power? (pg.45). For an answer to this question read (pg.55).

Now make a choice. God is everything or else He is nothing. God either is, or He isn't. What was our choice to be? (Pg.53)

Are you now convinced?

(a) That we were alcoholic and could not manage our own lives. (step 1)

(b) That probably no human power could have relieved our alcoholism. (step 1)

(c) That God could and would if He were sought. (step 2)

My friend suggested what then seemed a novel idea. He said, "**Why don't you choose your own conception of God?**"

That statement hit me hard. It melted the icy intellectual mountain in whose shadow I had lived and shivered many years. I stood in the sunlight at last.

It was only a matter of being willing to believe in a Power greater than myself. Nothing more was required of me to make my beginning. I saw that growth could start from that point. Upon a foundation of complete willingness I might build what I saw in my friend. Would I have it? Of course I would!

(Bills Story Pg.-12)

STEP THREE: *Made a decision to turn our will and our lives over to the care of God as we understood Him.*

Made a decision

Read: pg.60-63

After reading Pg.60-62 if you are convinced that life run on self-will can hardly be a success? read pg.62-63. Think well and say the Prayer.

This was only a beginning, though if honestly and humbly made, an effect, sometimes a very great one, was felt at once. (Pg.63)

Though our decision was a vital and crucial step, it could have little permanent effect unless at once followed by a strenuous effort to face, and be rid of, the things in ourselves which had been blocking us. Our liquor was but a symptom. (Pg.64)

For a brief moment, I had needed and wanted God. There had been a humble willingness to have Him with me - and He came. But soon the sense of His presence had been blotted out by worldly clamors, mostly those within myself. (Bills Story Pg 12-13)

3rd step prayer

God, I offer myself to Thee-to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life.
May I do Thy will always! (Pg.63)

We found it very desirable to take this spiritual step with an understanding person, such as our wife, best friend or spiritual adviser. But it is better to meet God alone than with one who might misunderstand. The wording was, of course, quite optional so long as we expressed the idea, voicing it without reservation. (pg.63)

STEP FOUR: *Made a searching and fearless moral inventory of ourselves.*

Discover the spiritual malady

When the spiritual malady is overcome, we straighten out mentally and physically. In dealing with resentments, we set them on paper. (pg.64)

Being convinced that self, manifested in various ways, was what had defeated us, we considered its common manifestations. (Pg.64)

Creation gave us instincts for a purpose. Without them we wouldn't be complete human beings.
(12 & 12 pg.42)

Yet these instincts, so necessary for our existence often far exceed their proper functions. Powerfully, blindly, many times subtly, they drive us, dominate us, and insist upon ruling our lives.
(12 & 12 pg.42)

Nearly every serious emotional problem can be seen as a case of misdirected instinct. When that happens, our great natural assets, the instincts, have turned into physical and mental liabilities.
(12 & 12 pg.42)

We wish to look squarely at the unhappiness this has caused others and ourselves. By discovering what our emotional deformities are, we can move toward their correction. Without a willing and persistent effort to do this, there can be little sobriety or contentment for us. Without a searching and fearless moral inventory, most of us have found that the faith which really works in daily living is still out of reach.
(12 & 12 pg.43)

Instincts on rampage balk at investigation.(12 & 12 pg.44)

Fear & Ego (12 & 12 pg.45-49)

Resentment is the "number one" offender. It destroys more alcoholics than anything else. From it [stem](#) all forms of spiritual disease; for we have been not only mentally and physically ill, we have been spiritually sick.(pg.64)

Stem: Root or main part of a noun, verb, etc. To which inflections are added.

A Pre-Inventory prayer

God, Please show me your will and help me write this inventory.
Help me see beyond what I think I know about myself and show me the real
truth about myself,
Please help me face and be rid of the things in myself which
has been blocking me from You, other people and myself.
Please, grace me with patience, tolerance, faith, strength and courage,
that I may have the Power I require to write inventory.
please remove my fear and ego which blocks me from seeing the truth about
myself.
please keep me safe and protected as I search for an experience, the real truth
about myself.

Resentment inventory

Read: pg.64-67

column one

We listed people, institutions or principles with whom we were angry.
(complete this list before going on)

column two

We asked ourselves why we were angry. (complete this list before going on)

column three

In most cases it was found that our self-esteem (how I think of myself), our
pocketbooks (basic desire for money, property, etc.), our ambitions (goals,
plans, designs for the future), our personal relationships (relations with other
people)(including sex) were hurt or threatened. pride (how I think others view
me), security (general sense of well being). (pg.64-65) (complete this list before
going on)

column four

(read all pg.66-67 first)

Where had we been selfish, dishonest, self-seeking and frightened?

**(Other things we may look for in column 4: self-pity, self-justification, criticizing,
procrastination, impatience, negative thinking, vulgar thinking, gossiping, ECT.)**

4th step prayer

We asked God to help us show them the same tolerance, pity, and patience that we would cheerfully grant a sick friend. When a person offended we said to ourselves, "This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done."

(Pg.67)

Fear inventory

Read pg.67-68

column one

We put them on paper.

column two

We asked ourselves why we had them. Wasn't it because self-reliance failed us? Self-reliance was good as far as it went, but it didn't go far enough. Some of us once had great self-confidence, but it didn't fully solve the fear problem, or any other. (self-esteem, pride, emotional security, pocketbook, ambitions, personal relations, sexual relations)

column three

Perhaps there is a better way - we think so. For we are now on a different basis; the basis of trusting and relying upon God. We trust infinite God rather than our finite selves. We are in the world to play the role He assigns. Just to the extent that we do as we think He would have us, and humbly rely on Him, does He enable us to match calamity with serenity.

God please remove my fear of ____ and direct my attention towards what you would have me be.

Sex inventory

Read pg.68-71

column one

We reviewed our own conduct over the years past. Where had we been selfish, dishonest, or inconsiderate? Whom had we hurt?

column two

Did we unjustifiably arouse jealousy, suspicion or bitterness?

column three

Where were we at fault (selfish, dishonest, inconsiderate)

column four

what should we have done instead?

We must be willing to make amends where we have done harm, provided that we do not bring about still more harm in so doing.

We got this all down on paper and looked at it.

We tried to shape a sane and sound ideal for our future sex life.

We asked God to mold our ideals and help us to live up to them.

Whatever our ideal turns out to be, we must be willing to grow toward it.

In other words, we treat sex as we would any other problem.

In meditation, we ask God what we should do about each specific matter.

{ Use sex inventory for all harms done }
We have listed the people we have hurt by our conduct

STEP FIVE: *Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.*

Humility, Fearlessness and Honesty

Read: pg.72-75

We will be more reconciled to discussing ourselves with another person when we see good reasons why we should do so. The best reason first: If we skip this vital step, we may not overcome drinking. (Pg.72)

Having persevered with the rest of the program, they wondered why they fell. We think the reason is that they never completed their housecleaning. They took inventory all right, but hung on to some of the worst items in stock. They only thought they had lost their egoism and fear; they only thought they had humbled themselves. But they had not learned enough of humility, fearlessness and honesty, in the sense we find it necessary, until they told someone else all their life story. (Pg.73)

When we decide who is to hear our story, we waste no time. We have a written inventory and we are prepared for a long talk. We explain to our partner what we are about to do and why we have to do it. He should realize that we are engaged upon a life-and-death errand. (Pg.75)

We pocket our pride and go to it, illuminating every twist of character, every dark cranny of the past. Once we have taken this step, withholding nothing, we

are delighted. We can look the world in the eye. We can be alone at perfect peace and ease. Our fears fall from us. We begin to feel the nearness of our Creator. We may have had certain spiritual beliefs, but now we begin to have a spiritual experience. The feeling that the drink problem has disappeared will often come strongly. We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe. (Pg.75)

Returning home (We spend 1 hour)

Follow directions (pg.75)

We thank God from the bottom of our heart that we know Him better, we now see what has been

blocking us from Him.(prayer)

Consider all questions carefully.

Carefully reading the first five proposals we ask if we have omitted anything, (prayer and meditation for each step 1-5)

for we are building an arch through which we shall walk a free man at last.

Ask God if we have omitted anything (prayer and meditation)

and help to honestly see if the stones are properly in place. Have we skimmed on the cement

put into the foundation?(prayer and meditation)

stones

foundation - complete willingness (pg. 12)

cement - common peril & common solution (pg.17)

cornerstone - willing to believe there is a Power greater than ourself (pg.47)

keystone - God is going to be our director (pg.62)

foundation: a solid ground or base beneath a building. b lowest part of a building, below ground level.

2 material base. 3 basis, underlying principle.

cement: 1 powdery substance of calcined lime and clay, mixed with water to form mortar or used in concrete.

2 similar substance. 3 uniting factor or principle. unite with or as with cement. b establish or strengthen (a friendship etc.).

cornerstone: 1 a stone in the projecting angle of a wall. b foundation-stone. 2 indispensable part or basis.

keystone: 1 central principle of a system, policy, etc. 2 central locking stone in an arch.

5th step prayer

God, please remove my fear and ego, help me to be honest and thorough
Please, show me the faith, strength and courage for what we are about to do
Please, help me share every twist of character every dark cranny of the past
Please, please help me to be humble, fearless and honest, withholding nothing.

Returning home 5th step prayers

God, Thank you for the faith, strength and courage I needed to get through this
5 step.

thank you God; from the bottom of my heart for helping me to know you better.

God; I now see what has been blocking me from you.

please show me if I have omitted anything, was I honest,
did I tell every twist of character, every dark cranny of the past.

(Take some time to meditate)

God, are my stones properly in place, do I have complete willingness.

(Take some time to meditate)

God, do I believe that I am powerless, and that am willing to live in the
solution.

That for me there is no middle-of-the-road solution.

(Take some time to meditate)

God, do I believe in my heart that there is a Power greater than myself.

That you are the Power, of myself I am nothing.

(Take some time to meditate)

God, you are my director and I am your agent, you are the Father and I am your
child.

(Take some time to meditate and then follow with step six)

STEP SIX: *Were entirely ready to have God remove all these defects of character*

Willingness "entirely ready"

(Read pg.76, from the top till the end of first paragraph)

Ask ourselves the three questions.

Are we now ready to let God remove from us all the things which we have admitted are objectionable?

Can He now take them all - every one?

If we still cling to something we will not let go, we ask God to help us be willing.

(Where are we currently agnostic?)

6th step prayer

God, I now see what has blocked me from the sunlight of the Spirit,
God; please help me to be willing to let go of the things in myself, that block
me from you.

Defect: fault, imperfection, shortcoming.

STEP SEVEN: *Humbly asked Him to remove our shortcomings.*

When entirely ready to let go

Read: pg.76 second paragraph

Do the Prayer

(Join the 3rd step Prayer & the 7th step Prayer together)

The reason for this is that when we do the 3rd step prayer there is no 'amen', we are kept safe in the middle of a prayer through steps 4, 5, and 6, until closure comes with the 'amen' of the 7th step prayer.

"God, I offer myself to Thee-to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!" "My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen."

There I humbly offered myself to God, as I then understood Him, to do with me as He would. I placed myself unreservedly under His care and direction. I admitted for the first time that of myself I was nothing; that without Him I was lost. I ruthlessly faced my sins and became willing to have my new-found Friend take them away, root and branch. I have not had a drink since. { December 11, 1934 } (Bills Story Pg. 30)

Shortcoming: deficiency; defect.

STEP EIGHT: *Made a list of all persons we had harmed, and became willing to make amends to them all.*

We have a list of all persons we have harmed and to whom we are willing to make amends. We made it when we took inventory.

Action

Read: pg.76

8th step prayer

God, I have this list of people I have harmed,
I'm now willing to go out and repair the damage done.
Thank you God for the willingness to make this list.
Now I must go out to my fellows and clean up the past.
Please show me the willingness, show me the way.

Now we need more action, without which we find that "Faith without works is dead." Let's look at Steps Eight and Nine.

We made a list of people I had hurt or toward whom I felt resentment,...(Bills Story Pg.13)

STEP NINE: *Made direct amends to such people wherever possible, except when to do so would injure them or others.*

Read: pg.76-84

Below are some of the instructions from our text. Read the whole chapter. Also share how you plan to make each amends with someone (sponsor).

9th step prayer

God, please remove my Fear and ego, show me the strength, courage and direction I need to do this amend.
Please, help me to do the right thing, no matter what the personal consequences may be.

Remember it was agreed at the beginning ***we would go to any lengths for victory over alcohol*** (pg.76)

Now we go out to our fellows and repair the damage done in the past. With a person we dislike, we take the bit in our teeth. It is harder to go to an enemy than to a friend, but we find it much more beneficial to us. We go to him in a helpful and forgiving spirit, confessing our former ill feeling and expressing our regret. Under no condition do we criticize such a person or argue. Simply we tell him that we will never get over drinking until we have done our utmost to straighten out the past. His faults are not discussed. We stick to our own.

Most alcoholics owe money. We do not dodge our creditors.

We feel a man is unthinking when he says that sobriety is enough. He is like the farmer who came up out of his cyclone cellar to find his home ruined. To his wife, he remarked, "Don't see anything the matter here, Ma. Ain't it grand the wind stopped blowin'?"

9th Step Promises

If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

(PG.83-84)

Take a look at these promises and the bedevilments (pg.52), Our ideas did not work. But the God idea did.

...I expressed my entire willingness to approach these individuals, admitting my wrong. Never was I to be critical of them. I was to right all such matters to the utmost of my ability. (Bills Story Pg.13)

**Don't delay ask God for strength & direction to do the right thing.
Before implicating others, we secure their consent
Tell them I will not get over drinking until I straighten out the past.
If an enemy- confess my ill feeling and regret.**

**Don't emphasize spirituality unless asked; if so - use tact and common sense.
Don't tell him what to do; only my faults are to be discussed.
Don't criticize or argue Be Calm, frank, & open.
Make a demonstration of good will.
Be sensible, tactful, considerate, & Humble without being servile or scraping.
Don't dodge creditors. If I owe money, I will make the best deal I can.**

**(Remember: you have decided to go to *any lengths to find a Spiritual Experience.*
Don't Shrink, As God's people we stand on our feet; we don't crawl before anyone.
I know I have caused you this harm: (Tell them what I have done.)
Q: "Are there any more harms I have caused you, which I may not know about?(
Shut up and listen)
Q: "Do you need to tell me how any of this hurt you? (Shut up and listen)
Q: "Is there anything I can do to correct this wrong? (Write it down)**

STEP TEN: *Continued to take personal inventory and when we were wrong promptly admitted it.*

Growth & Sanity

Read: pg. 84-85

We have entered the world of the Spirit. Our next function is to grow in understanding and effectiveness.

Continue to watch for selfishness, dishonesty, resentment, and fear. When these crop up, we ask God at once to remove them. We discuss them with someone immediately and make amends quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help. Love and tolerance of others is our code. (pg.84)

Sometimes the only way to see our selfishness, dishonesty, resentment, and fear is to use the same format we used at step four. (Continued to take personal inventory)

I was to test my thinking by the new God-consciousness within. Common sense would thus become uncommon sense. I was to sit quietly when in doubt, asking only for direction and strength to meet my problems as He would have me. (Bills Story Pg.13)

10th step prayer

God, I know you are with me, that your love and intelligence are with me.

Please , I am being (selfish, dishonest, resentful, or fearful)

please show me the way to remove this _____,

so I can be of maximum service to you, and other people.

Please give me the strength to tell someone
and make an amends if I have harmed anyone.

STEP ELEVEN: *Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.*

Prayer & Meditation

Read: pg.85-88

At night we read - When we retire...(pg.86)

The 12 questions

- 1- Where was I resentful?
- 2- Where was I selfish?
- 3- Where was I dishonest?
- 4- Where was I afraid?
- 5- Do I owe an apology?
- 6- Have I kept something to myself, which should be discussed with another person at once?
- 7- Was I kind toward all?
- 8- Was I loving toward all?
- 9- What could I have done better?
- 10- Was I thinking of myself most of the time?
- 11- Was I thinking of what I could do for others?
- 12- Was I thinking of what I could pack into the stream of life?

11th step evening prayer

God, I have failed in some areas of my life today,
I was not able to be as effective as I could have been for you.
Please, help me live your will better tomorrow.
I ask you now to show me how to correct the errors
I have made. Guide me and direct me.
Please, show me how to make my relationships
right and grant me the humility and strength to do your will.

In the morning we read - On awakening...(pg.86-87)

11th step morning prayers

God, Please direct my thinking so I may be divorced from self-pity, dishonest or self-seeking motives.

please show me inspiration, an intuitive thought or a decision, so
I may be of maximum service to you, and other people.

Please show me what I need today and remove me from self-will.

As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day "**Thy will be done.**" We are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions. We become much more efficient. We do not tire so easily, for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves. (pg.87-88)

Never was I to pray for myself, except as my requests bore on my usefulness to others. Then only might I expect to receive. But that would be in great measure. (Bills Story Pg.13)

STEP TWELVE: *Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.*

The Work

foundation stone - complete willingness to help others

Read:pg.89-164

My friend had emphasized the absolute necessity of demonstrating these principles in all my affairs. Particularly was it imperative to work with others as he had worked with me. Faith without works was dead, he said. And how appallingly true for the alcoholic!

For if an alcoholic failed to perfect and enlarge his spiritual life through work and self-sacrifice for others, he could not survive the certain trials and low spots ahead. If he did not work, he would surely drink again, and if he drank, he

would surely die. Then faith would be dead indeed. With us it is just like that.
(Bills Story Pg.15)

Carry this message to other alcoholics. Read: pg.89-104

though you be but one man with this book in your hand. We believe and hope it contains all you will need to begin.

We know what you are thinking. You are saying to yourself: "I'm jittery and alone. I couldn't do that." But you can. You forget that you have just now tapped a source of power much greater than yourself. To duplicate, with such backing, what we have accomplished is only a matter of willingness, patience and labor.

Abandon yourself to God, as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny. May God bless you and keep you - until then.
(Pg.164)

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